



THE NEWSLETTER OF BUENAVENTURA SWIM CLUB & VENTURA COUNTY MASTERS SWIM TEAMS

Established 1962

P O Box 3934 Ventura CA 93006 805-650-0400 www.buenaventuraswimclub.org Head Coach: Jason York

Buenaventura Swim Club

provides the young people of our community with a positive training environment where they have the opportunity to reach their greatest physical, intellectual, social and emotional potential through competitive swimming.

Our coaches teach time management skills, how to prioritize, and how to set and achieve goals. These skills help our swimmers not only in swimming but also in school and in life. Our coaches work to build positive self-esteem and social skills.

Ventura County Masters

provides organized workouts, competitions and clinics for adults aged 18 and over. Our team is comprised of fitness, triathlete, and competitive swimmers who are dedicated to improving their lives through swimming.

Coaches

Jason York, Head Coach
Erik Hansen
Brittany Day
Katie Corley
Betsy Harrison
Mary Dugan
Holly Nuckols

Board Members

Edith Ball
Lisa Biolley
Stacey Warmuth
John McNally
Mavis Laughlin
Darryl Mia
Laura Kearney
Rosemary Takeda
Amy Sponseller

Welcome!

This edition of our team Newsletter brings the same good news as always—our team is great and getting even better. Jim McConica was selected as one of 12 World Swimmers of the Year, the fourth year in a row he’s been picked. At our awards banquet Austin Takeda was named the winner of the McConica Award, while Rosemary Takeda was selected as the Volunteer of the Year.

VCM came back from Indianapolis as the 5th best team in the nation. Michelle McConica talks about her volunteer work as a kayaker and observer for ocean swims. The coaches bring you up to date. There’s lots more—read on!

Your editors,

Michelle McConica (michellemcconica@live.com)
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Buenaventura Swim Club Mission Statement: To Pursue Excellence Through the Sport of Swimming



Jason York, Head Coach

High School Season—CIF Evaluation

By Coach Jason

For the past 3 months, much of the senior group participated in their “high school season”. They represented their high schools at dual meets, league championships, and if fast enough, at the California Interscholastic Federation – Southern Section (CIF – SS). Our swimmers are always very well prepared to lead their respective high school teams, and they understand they are also representing Buena Ventura Swim Club if only indirectly.



Over the past 5 years since I have been coaching in Southern California, I have witnessed CIF – Southern Section get faster and faster each season. This led me to review past results to see where today’s swimmers stack up against those who competed in this same meet, just 6 years ago, at the 2007 CIF Meet. This was the season just before I arrived here at Buena. You are welcome to check my research, but what I found was surprising and shows just how competitive swimming in this area has become.

Consider this; Freshman **Brigid McNally** was 14th in the 200 Free, but she would have been 3rd in 2007. **Stewart Harrison** was 33rd in the 50 Free, but in 2007, he would have been 8th. Yes, he would have made the Championship Final! **Niles Biolley** was 30th in the 200 IM, but his best time that he did at Channel League Finals, would have placed him 5th at CIF in 2007. I could continue, instead, I will list the results here, showing this year’s placing, then, what they would have earned in 2007 (highlighted in red).

Nick Vargas – 500 Free | 10th Place to 4th Place

Austin Takeda – 200 Free | 11th to 5th
100 Back | 13th to 3rd

Chesna Biolley – 200 IM | 18th to 4th
100 Breast | 16th to 5th

Stewart Harrison – 200 Free | 26th to 11th
50 Free | 33rd to 8th

Solie Laughlin – 200 IM | 23rd to 11th
100 Back | 22nd to 10th

Niles Biolley – 200 IM | 30th to 5th
100 Back | 21st to 4th

Brigid McNally – 200 Free | 14th to 3rd
500 Free | 10th to 2nd

It is also worthwhile to note, every swimmer just like every season, has their own story. I wanted to share a few here. First, Chesna Biolley was dangerously close to never being able to compete again. Having dozens of blood clots in her lungs surprised us all. What wasn't a surprise was that she tried to push through the pain not recognizing it wasn't normal pain. After missing one and a half months of swimming, with proper attention and care, Chesna was allowed to get back in the water with strict rules to keep her heart rate below a certain threshold. She continued to progress to the point where she was granted doctors permission to race in one event at a high school meet. Then, just in time for her League Finals, she was given permission to compete fully. Because of Chesna's extensive background in swimming, her high level of conditioning

coupled with her experience racing, she not only qualified for CIF, but she also was close to life time best times and continued on to make the Consolation Finals at CIF. This is quite an achievement and we are all proud of her.

Another similar twist of fate was the fact that Erin Millage missed many months of training while recovering from spinal surgery, performed to relieve scoliosis. Again, due to her background of high levels of conditioning earned in the pool, Erin was able to not only recover quickly from surgery ahead of schedule, but she was also able to compete and finish the 100 Breaststroke at CIF Division 3, placing a respectable 19th place.

There are many other stories, too numerous to review them all here. Clearly this season had many storylines. I am proud of all our swimmers, they continue to do amazing things, and they are all hungry for more. Thank you all for always representing Buenaventura Swim Club with integrity and high standards.



EDITH BALL, BOARD PRESIDENT

Buenaventura Swim Club Annual Awards Banquet

On March 24, 2013, we got together to celebrate our team's accomplishments, individual feats, and recognize our members' contributions at our Annual Awards Banquet. We took that opportunity to thank time and resources: our coaches for occasionally work seven days a all the members who make sure our well-stocked up, the meet managers meets run smoothly, and those hours than the team asks. One of **Takeda**, who received the *Volunteer* dedication, her never-ending drive five years, she has been the main Club's Hospitality booth and its great



all those individuals who give their working with our swimmers (and week when we have swim meets), home meets take place and are and members who make sure our members who work more volunteer those individuals is **Rosemary of the Year Award**, for her great and attention to detail. For the past architect of Buenaventura Swim reputation. Rosemary is always on

planning mode and continuously thinking of ways to help our team work better and look better. Her sense of pride and work ethic can be appreciated during our home meets because she makes sure we are ready to welcome and take of the nutritional needs of swimmers, coaches and officials. It was also very fitting that her son, **Austin Takeda**, received the *McConica Award* based on his superb level of commitment to swimming. Thank you, **Rosemary Takeda**, **Mike Takeda** and **Austin Takeda** for sharing your talents with our team.

Meets Are What We Do

March and April were two busy months in which Buenaventura Swim Club hosted two Long Course meets with the outstanding cooperation of our members. It's always a joy to showcase our pool, our swimmers and our team spirit. We are very lucky to have people who want to help and grateful to everyone for participating, for donating, for working at our meets. Special thanks go to **Avidh Bavkar** and **Torie Ball**. These two swimmers helped with breakdown and trash pickup at our April Long Course meet. Please remember that help is always welcome at breakdown and if members would like to fulfill their volunteer commitment, they could show up at the end of our meets, as we can always use more personnel.

Next on tap is the **June Invitational 2013**, which is our biggest meet of the year. This meet is a challenge because it lasts four days and we usually welcome more than 800 participants per day and 40 coaches and officials. For this team event, we ask for all members' assistance and participation. As I encouraged everyone before, please try doing a new job and share any pictures of the meet you may take. If you have any questions about different ways to help, please contact our Volunteer Coordinator, Mary Miya, via email at dmmiya@adelphia.net. If we all pitch in, we can maintain our established reputation of running quality meets and more out-of-town teams will choose to come to Ventura.

Operation Buena HQ

We continue to work on getting an office for our team with Operation Buena HQ. So far we have received donations of \$300 or more from ten (10) members and their contribution will be acknowledged on a plaque to be displayed outside the office storage building. We will also recognize all businesses that contribute \$500 or more, by including their name/logo on our website and on a banner to be displayed during our swim meets. Please continue to participate in our fundraisers and, if possible, contact our local businesses to help us reach our goal. We can provide a letter asking for donations, if you contact me at letyboop10@aol.com

Fundraisers Update

As an important update in our fundraisers, please be advised that we will not have the Swim-a-Thon until September 2013. For now, we will have other fun opportunities for our members to fulfill their fundraising commitment.

June Invite Raffle

Organizing fundraisers can be quite an undertaking and we are very lucky that **Tracy Ornelaz** is willing to arrange and carry out raffles during our June Invite. For this fundraiser we ask each member to sell ten (10) raffle tickets for a \$5.00 donation each. Among the items to be raffled we will have a bike, a boogie board, a Speedo backpack, board shorts, a swim suit, Quicksilver shorts, sunglasses, Ugg slippers, women's jewelry, Patagonia clothing, Columbia wear, Sanuk sandals, fleece blanket, gift certificates, gift cards, etc. This is a great opportunity to fulfill your fundraising commitment because all monies received will receive 100% credit toward fundraising.

We also encourage anyone who would like to donate an item to be raffled to do so. If you are a business owner, your donation may bring you new customers. If you can obtain a donation of services (massages, hair/beauty treatments, home services) or gift certificates, or other items, these donations will make the raffle more exciting and we will be able to sell more tickets. We will send more information very soon.

Harbor Cove Café Dinner Fundraiser

We will also have a dinner fundraiser at Harbor Cove Café in the month of July. This will be an opportunity to get together and raise some funds. We must thank **Lisa Biolley** for doing most of the work in this fundraiser.

If you have any questions or suggestions to help our team, please contact us at our website and/or me at letyboop10@aol.com

Thank you for being part of Buena.

Lety Ball, Board President

Jim McConica

2012 World Masters Swimmer of the Year

Jim McConica of Ventura County Masters was selected as one of the top 12 Masters swimmers in the world for 2012. Jim was one of only five Americans to make the list. For those of you counting, this is the fourth year in a row Jim has been selected. Following is an excerpt from the USMS website. For a complete list of the top 12 World Master Swimmers go to: <http://www.usms.org/articles/articledisplay.php?aid=2708>

There are some swimmers who are just so amazingly strong they can win everything, whether it's a short sprint or a treacherous channel crossing. These are the swimmers who dominated in college, and continue to do so for the rest of their swimming careers. At 62 years old, **Jim McConica** of Ventura County Masters is one such swimmer; his name has the ring of legend about it in Masters and open water swimming circles. He was inducted into the International Masters Swimming Hall of Fame in 2008, and continues to steamroll through the competition as he ages up. His entry on the list in 2012 marks the fourth year in a row he's been honored as a top World Masters swimmer.

Another strong year began in December 2011 when McConica broke the 800 short course meters freestyle record with a time of 9:31.23. He subsequently broke three long course world records in 2012: the 200 back (2:33.94), the 400 free (4:40.00) and the 800 free (9:35.50).

Not content to stay in the pool, McConica also completed two 12.4-mile crossings of the Anacapa Channel between Anacapa Island and

the Southern California mainland. His first crossing on October 2, which he undertook with five of his teammates, lasted a mere 4 hours 38 minutes, a record for that waterway. (The record he broke had been set by an 18-year-old a few weeks prior.) The very next day, McConica swam the crossing again in 5 hours and 24 minutes, fast enough to enter the record books as the fifth fastest crossing of all time. Both swims were faster than his 2008 crossing which he completed in 5 hours 26 minutes when he was 57 years old. "I was most proud of our channel swimming successes," he says.

Despite having a talent for swimming, McConica is quick to give credit for his success to the team he's got at Ventura County Masters. "We have a dedicated group who train together most every morning. The 'deep end' group can range up to 15 swimmers. All are willing to do some longer, tougher sets." And it's not all work either; he says they have tons of fun, too, "which makes hard training easier. The environment is conducive to positive results. The team aspect can't be over emphasized enough."

"We are what we repeatedly do...excellence, then, is not an act, but a habit." –Aristotle

Annual Awards Banquet 2013

On March 24, members of our team gathered at the Poinsettia Pavilion to recognize our swimmers, all their hard work, and their achievements. **Lety Ball** kicked off the banquet by speaking about the general health of the club. She mentioned our progress towards bringing a semi-permanent office to the facility grounds. She stated the office would help us be more professional in our service and communication, and would be a great place for meetings, storage and many other beneficial uses. Lety continued to highlight the teams' progress in the "Club Recognition Program", in which we have reached level one and are diligently working towards level two. She reconfirmed her commitment to fulfilling the highest level possible.

Next, **Coach Jason** presented the Volunteer of the year award. There were many deserving candidates, but **Rosemary Takeda** truly stood out for all of her hard work. Rosemary serves on the board of directors and acts as hospitality chair. Coach Jason recalled that "she organizes large groups of people, solicits donations, takes health code classes, deals with hungry coaches, generally acts as a leader and much more". He also implored everybody to jump in and help shape the future success of the club by volunteering in important leadership roles as opposed to simply trying to fulfill a 30 hour requirement.

Next, the graduating seniors were acknowledged. Thanks to **Darryl Miya** for putting together a slide show of these seniors, which was displayed while Coach Jason discussed the past and future of each of the seniors. **Kallen Meyer** will spend 2 years at Ventura College before transferring to a 4 year University. He will continue to pursue both swimming and music. **Jack Luna** will attend Cal State Bakersfield in the fall and will continue to swim. **Nick Vargas** will also attend Cal State Bakersfield in the fall, and he will continue to further his swimming career as well. Finally, **Chesna Biolley** who has been with the team for well over 7 years will be moving on to San Jose State University. All of these swimmers contributed their influence to the team in a positive manner and will undoubtedly be back to train with Buena in the summers.

After the slide show of the graduating seniors, we were treated to a general slide show of the entire team. Thanks to **Jill Ball**, for putting this together, it was great seeing the young swimmers enjoy their time together. This was also the point where we asked all the swimmers to come up on stage and introduce themselves. The audience gave them a complimentary 3-Clap, and then the coaches handed out the annual "participation pins", which were created by **Marylinda Arroyo**.

Next, Coach Jason presented the prestigious McConica Award to **Austin Takeda**. Austin displayed all the traits that Mr. McConica himself deem so important to young people. He committed himself to his goals, worked hard, helped others, always acted with good sportsmanship, and generally did everything asked of him. The results speak for themselves in and out of the pool, Austin has proven to be a true gentlemen.

Finally, **Dr. Bryant Lum**, a member of Ventura County Masters, offered the key note speech about SUCCESS. He spoke about how all the long hours and miles in the pool are actually training for success in real life. Specifically, Dr. Lum spoke of the 4 F's. He believes success as an adult can be summed up by the four "F's"; Family, Friends, Fun, and Fitness. He was quick to point out that "Finance", or money, is not included. He also pointed out an important truth about fitness. To quote him directly, Fitness is important and often forgotten. It goes without saying that our kids, our swimmers are fit. But, as adults, it is difficult to find time to take care of us. It's only when we've put on 40 or 100 lbs. Or we have high

blood pressure, diabetes or a heart attack that we realize we've lost our fitness. At the end of the day, when we're retired and the kids have moved away, the only thing you have left is your health. Swimming is a low-impact sport that can be practiced for life.

Thank you to Dr. Bryant Lum and everybody else who contributed to this year's annual awards banquet. It was once again a success and we should all be proud of what is going on at Buenaventura Swim Club.



Jim McConica & Austin Takeda



Dr. Bryant Lum



Austin Takeda & Rosemary Takeda

“If you always put limits on what you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them.” --Bruce Lee

“There are no shortcuts to any place worth going.” --Beverly Sills

Lactate sets are proof that your coach loves you enough to put up with your whining and complaining --One of the Laws of Swimming

SENIOR GROUP

By Coach Erik, Senior Group

A Swimmer's Two Training Grounds

“Confidence accompanies the prepared” – Usher

Yes, the R&B superstar **Usher** said that and I quoted him. My wife and I love watching The Voice. One night Usher made it very clear to one of the contestants that confidence on the stage is something earned, not guaranteed. In other words, one must put in the hours to perform at a high level. Yes, it's true that some have natural talents and abilities which afford them greater performances with ease compared to the rest of the population. But even then, if these same gifted individuals want to perform at a high level consistently, year in and year out, they have to put in some legitimate hard work.



As great as Usher's quote is, I would like to add to it. And I'll add to it from a hometown favorite - **Jim McConica**. I've heard his simple analysis of performance countless times and agree with it completely. He tells our swimmers that 1) you need to earn the right to swim fast and 2) you need to have your mind right when you step up on the blocks. In other words, fast swims don't happen by accident. You need to prepare and sacrifice to achieve them. Yet, you will not see the fruit of your hard work (in terms of performance) unless you can put it together when it matters on race day.

First place is not given to the hardest worker. It's not given to the swimmer who can swim the fastest in practice. First place is given to the person who can get their hand on the wall first. And learning how to do that takes skill; it takes practice. Chances are you'll probably be placing your hand on the wall in places eighth through second many, many times before learning how to place it on the wall first.

So for now on, I want you to think of your swimming training as taking place in *two* training grounds: 1) **practice** and 2) **meets** (your second "practice"). I think swimmers (and coaches, me being one of them) do themselves a disservice by thinking of practices as homework and meets as tests. In one sense it's true but if you make meets too much of a test, it's easy to forget that you're still participating in the learning process of how to perform to the best of your ability. For instance, **Michael Phelps** and his coach were well aware that their primary goal was to win 8 gold medals at the 2008 games almost ten years before it happened. They saw the two Olympics leading up to 2008 as the training grounds for putting together the greatest swimming performance in history. Can you imagine using the Olympic Games as a training ground?

Phelps and Bowman could. And they did. And look what happened in 2008. Truly, in that case confidence did accompany the prepared. So now, go

do the same. Prepare yourself with the mindset to learn in both of your training grounds: **practice *and* meets.**



If your lane partners tell you more than three dozen times that something is annoying, it really IS annoying --One of the Laws of Swimming

THE GOLDEN GIRLS

By Coach Brittany, Gold & Triathlete Coach



The gold group girls (GGG) have been having lots of fun (amidst a good share of hard work)... going on Easter “egg” rubber duck hunts, synchronized swimming, t-shirt relay-ing (see photo evidence throughout this newsletter), creating a “suggestion box” to offer feedback and ideas for me, visiting the farmers market, completing “challenge” sets (Maisy Millage recently swam over 70x25s on the 20-second interval!!), discovering their “signature move” (go ahead and ask them for a demonstration)...and countless other silly adventures. These chickadees never fail to make me laugh!



In other “triple G” news, Long course season is now upon us! I had the privilege of watching many personal best swims this past weekend at our April home meet, and look forward to seeing these ladies improve heaps more throughout the summer ☺

Some highlights of the weekend included:

Kailee Ruiz went well under 6 minutes in her first ever 400m freestyle. **Jayna Sponseller** shattered the 5:20 mark in her 400m freestyle—with a 5:17. **Taylor Vaughan** dropped about 5 seconds in her 50m freestyle. **Teagan Monroe** went a 2:40 in her 200m freestyle. **Tea Laughlin** just missed (by .02-.2 seconds) a few new JO cuts after only recently aging up. **Shealyn Massey** went a 1:28 in her 100m butterfly. **Eve Miya** went 51.00 in her 50 breaststroke, shattering her personal best. Maisy Millage dominated: 1:28 in the 100 breaststroke, 2:26 in the 200 free, 2:46 in the 200IM. **Annika Arroyo** won her division in the 200 backstroke in a 2:56. **Megan Findlay** dropped over 6 seconds in her 100 free, and nearly 4 seconds in her 200 IM. **Tori Ball** placed 3rd in her division for the 50 fly with a 38.2, and went 3:03 in her 200IM. **Olivia Monarres** went a 51 in her 50 breaststroke and 1:36 in her 100 backstroke. **Lizzy Fedde** went 1:31 and 1:37 in her 100 butterfly and 100 backstroke, respectively. **Alexandria Arias** went 1:28 her 100 freestyle. **Giana Travi** went 1:24 in her 100 freestyle, and :47 in her 50 backstroke. **Elizabeth Senesac** went :44 in her 50 backstroke, 1:34 in her 100 back, and 1:20 in her 100 freestyle.

Emily Harris went 1:37 and 1:38 in her 100 back and 100 fly, and :37 and 1:20 in her 50 and 100 free. **Sierra Limneos** went 50.1 and 1:50 in her 50 and 100 breaststroke, and :37 in her 50 free. **Lily Armstrong** went a 2:03 200 IM, and 2:38 200 free (for 3rd place). **Caitlin Espitia** took 1st place in her division for the 200 breaststroke (3:17), and 4th place in the 100 breast (1:30). **Karina Garcia** went 1:22 in her 100 free, and :51 in her 50 breaststroke. **Amy Maxwell** took 2nd place in her division for the 100 fly, and went 1:18 in the 100 free. **Megan Ditlof** dropped tons of time, and went 1:28 in the 100 free, and :47 in the 50 back. Excellent job to all of you!!

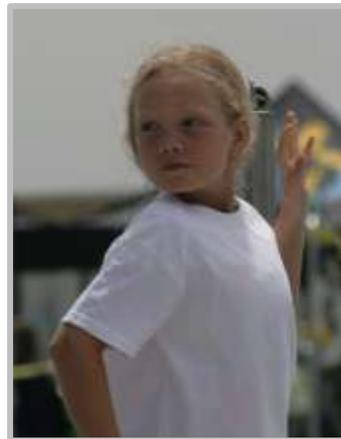


I am noticing that those who regularly make goals for themselves (i.e. fill out goal sheets)—and especially those who make more specific goals—seem to be benefitting from the practice. Whether or not they achieve all of their goal times, they are learning how to commit to and work towards improvements, how to make adjustments, and how to aim higher! I highly encourage this, and am more than happy to help with goal-making. Also, I do have spare blank goal sheets if needed ☺

Finally, in case you missed our recent GGG meeting at practice, I want to remind you all that I will now be taking daily attendance records. This is not to get anyone into trouble for missing practices (doing other activities is by no means frowned upon!), but is a way for the girls and myself to know how consistently they are coming to practice. Knowledge of our attendance patterns will enable us to occasionally evaluate them and see where we can improve!

"Success is not achieved by winning all the time. Real success comes when we rise after we fall. Some mountains are higher than others; some roads steeper than the next. There are hardships and setbacks but you cannot let them stop you. Even on the steepest road you must not turn back."

-Muhammad Ali



The Silver Stars

By Katie Corley, Silver Group Coach

The Silver Group has been having a great Long Course season thus far! It seems that this is a very busy time of year for everyone on the team- from school projects to Outdoor Education to other sports and activities- we've got a busy bunch in the Silver Group. I continue to be so impressed by the kids focus despite all of these other things they have going on. For the past month, we have been working on interval sets, racing skills and endurance in the pool. All of these things require great energy and attention to detail; each swimmer has really stepped up in practice to be successful.



We have had two swim meets since the last newsletter; both were Long Course in our home pool. Almost every Silver swimmer dropped time in both meets and we had fewer DQs than we have in the past. At the April 27th meet, **Jaiden Monroe**, **Ella Montano** and **Brandon Santos** all took home a first place ribbon in their age groups. Also, we had such excellent participation in the April meet, that the kids earned an "All-Dry Land" practice. We had fun playing together and building team spirit!

Our Swimmer in the Spotlight for March was **Sydney Roman**. Syd is a newer member of the Silver Group, but since her first day she has been a shining example to our group. Sydney is focused and polite in

practice. You will often find her leading her lane and helping the other swimmers understand the sets. When it is time to work on kicking or drills, she performs each skill perfectly, and as a result, her swimming style has improved drastically in the past few months. She swam her first meet ever at our Long Course Opener in March and did a truly awesome job! Sydney- your positive attitude and great work ethic makes you a stand-out in the Silver Group! Keep up the great work!

Our Swimmer in the Spotlight for April is Mr. **Jaiden Monroe**.

Jaiden is our youngest swimmer, but also one of the fastest. You can often find him leading his lane- especially during kicking sets. Jaiden always approaches swimming with amazing energy and a fierce competitive spirit. He may be small, but he gives 110% effort every single day in practice- and it pays off. He is one of the fastest 5-8 year olds in our area. Jaiden also loves to have fun- during dry land he plays with everyone and often makes us all laugh with his silly faces. Jaiden- you are a hard worker and I am so happy to have you on the team!

I am looking forward to a great summer with the Silver group!

-Coach Katie

BRONZE *GROUP* *BUBBLES*

By
Coach Betsy, Bronze Group

The Bronze group had a fantastic showing at our last home long course meet. We had 15 swimmers from our group attend and swim to the best of their ability. Many swimmers dropped a lot of time at this meet. The largest time drop came from **Emilie Brookshire** with approximately 23+ seconds off her previous swim times. She earned the Armstrong Trophy! Others that swam extremely well were **Kelsee Espitia, Delaney Shelton-Burrier, Angelina Longhammer, Lily Zabarsky, Bella West, Elizabeth Ferris, Alayna Lindstrom, Ashton Lindstrom, Julia Garcia, C.J. Lindsey, Grace Gill, Emily Gill, Liam Besand, Patrick Panoringan, Devin Larsen, and Brayden Jones**. There were many Red times to be earned by this group and Kelsee Espitia earned a Blue+ time in one of her events. I am very proud of these kids. They work so very hard for how tiny they are. They are competitive and love the sport of swimming!

The Swimmer in the Spotlight is Miss **Julia Garcia**. Julia loves to demonstrate and make sure she is doing everything exactly right. She is not one to be bouncing off the bottom of the pool during her workouts which is very nice for others in her lane. Swimmers that stop on the bottom often disrupt the flow of swim traffic and usually cause small accidents or delays in the other swimmers. So, thank you Julia! I think Julia loves swimming because it makes her happy to be with other swim friends. The kids make wonderful friendships at this level. Keep on swimming Julia, you have a wonderful swim future ahead of you.



A game the Bronze Group love to play: The Senior group put a seed in my head awhile back. The game is called “pass the bean”. I developed it a bit further and we call our version, “The Stinky Bean”. At the end of passing the invisible bean from team mate to team mate, we try to figure out who ended up with the stinky bean. (Stinky because it lives under the arm pit...PU!) Our stinky bean is a jelly bean and sometimes it is not a nice flavored jelly bean. So, the person with the stinky bean at the end of the set gets to eat a jelly bean that I fish out of a bag of mixed nice and icky beans. It is hilarious! It is always good to mix in a little fun at this age.

That is all for now,
Coach Betsy

VCM News

VCM Scores Well at Masters Nationals

Against larger teams at the Short Course Yards Nationals in Indianapolis, Indiana, eight Ventura County Masters men finished 4th overall and two VCM women finished 32nd overall. As a combined team, VCM finished 5th. The four teams ahead of them had as many as hundreds of swimmers competing.

For the men, youngster **Ben Pecht** (age 38) returned to National competition with five top 10 swims, led by a second place finish in the 200 IM and a third in the 200 back. **Mike Shaffer** (age 47) had six top 10 swims, led by first places in the 100 and 200 fly. Mike also finished second in the 500 and 1650 free. **Michael Blatt** (age 57) also had 6 top 10 swims, including third place finishes in the 50 and 100 free. VCM had three swimmers in the 60-64 age group, led by **Jim McConica** (age 62) who finished first in the 200 free, 500 free, 1000 free and 200 back. **Glenn Gruber** (age 63) had five top 10 swims, including a surprising third in the 50 fly to go along with three fourth place finishes. **Hubie Kerns** (age 63) placed high in the top 10 in all six of his swims, including a first in a surprise event—the 200 fly. In the 65-69 group, **Robert Owens** (age 66) scored points with a fifth place in the 1650 free. The oldest VCM swimmer, **Larry Raffaelli** (age 70) also had six top 10 swims, including third place in the 500 free and 1650 free.

For the women, **Cindy Blatt** (age 59) got a top 10 finish in the 50 fly. **Stacey Warmuth** (age 54) was first in the 1000 free, second in four events and third in one.

VCM had a surprising mixed 200 free relay with Glenn Gruber, Cindy Blatt, Stacey Warmuth and Michael Blatt combining for a first place finish. On the men's side, Glenn, Michael, Hubie and Jim finished first in the 200 medley relay.

As you can see, every swimmer placed at least once in the top ten and most finished five or six times in the top ten, with many gold, silver and bronze places. Our team is small but mighty! Next year's short course Nationals are in Santa Clara. With a few more swimmers we should be able to move up and challenge the larger teams.

"The water doesn't know your age." -Dara Torres



The Masters Mind

Adventurous Michelle

By
John Derr

In our last Newsletter I described Michelle's swimming and pleasure kayaking careers. In this edition's Part II I'll talk about Michelle's efforts as an official observer and support kayaker for long distance ocean swims.

OFFICIAL OBSERVER

Michelle is an official trained observer for the Catalina Channel Swimming Federation (CCSF) and the Santa Barbara Channel Association (SBCA). Michelle goes on the escort boat that accompanies a swimmer and makes sure the swim is conducted safely and in accordance with all CCSF and SBCA rules. A swim is not sanctioned until



approved by the official observer. Michelle is also in charge of timing the swim and keeping a detailed log of the swim. As observer, Michelle watches the swimmer for long hours, often at night and in rough weather. Observing can be a difficult job at times, but one that Michelle finds very rewarding.

If you've ever thought about being an observer, here's Michelle's description of her job:

- Your main priority is to maintain the safety of the swimmer and their support crew.
- You make sure all Channel Swimming rules are followed.
- You record accurate start and finish times, as well as a description of the start and finish location.
- You keep an accurate log of all events that occur during the swim, including feeding times and amount of food eaten, stroke rates, wildlife sightings (dolphins and seals, hopefully not sharks) and fun things that happen on the boat.
- You are responsible for certifying the swim.

At the same time that Michelle is watching the swimmer, she also must maintain good communication with the captain of the boat and the support crew of the swimmer. The captain is responsible for the safety of the boat, the crew and any passengers. The captain has the authority to cancel the swim if he feels it necessary for the safety of the swimmer or the boat. Keeping the captain happy is very important!

Besides keeping a log for the Channel Federation, Michelle shares the log information with the swimmer's coach and support crew. The log includes the swimmer's stroke rate, the water temperature, the time and amount of feedings, and the swimmers comments. The coach can tell a lot about the physical condition of his swimmer and his or her state of mind by reviewing the log. Recording the paddlers switch offs helps the support crew tell how long a paddler has been on the ocean and when it's time for a new paddler to take over.

Finally, as observer Michelle records the boat position at regular intervals (Michelle prefers intervals of one hour or less). Having a record of the latitude and longitude makes it easier for the coach to plot the path of the swimmer and to track any effect the currents are having on the direction of the swim.

All this is done while riding on a boat in the middle of the ocean, often in towering waves while being violently seasick for 10-15 hours until the swim is completed.

Here's an excerpt from one of Michelle's logs:

Date/ Escort	Time	Water Temp. (F)	Stroke rate	Lat. North	Long. West	Dist. (mi)	Accum. Dist. (mi)	Comments
29-Oct-05	8:07	65	59	33-23.140	117-35.913	0.0	0.0	Clear & sunny; calm, flat water beyond breakers
Michelle	8:37	65	59					Tom's Halloween swim cap quite entertaining
Premeaux	9:07	65	59	33-21.598	117-34.428	2.4	2.4	Hundred's of lobster traps all about; MP hungry now
	9:37	65	59	33-21.137	117-33.574			Passed fishing boat on bow side; 4 men staring
Sean	10:07	65	59	33-20.578	117-32.571	2.3	4.7	Following sea begins at weigh station-annoying to Tom
Premeau	10:37	65	59	33-20.024	117-31.410			Tom begins humming underwater; MP amused
Taxi Service	11:07	65	59	33-19.470	117-30.518	2.4	7.1	
	11:37	65	59	33-18.879	117-29.664			Stroke begins to get a bit out of alignment after mile 9
	12:07	65	59	33-18.187	117-28.986	2.1	9.2	Paddler getting hungry for eggs benedict; choppy H2O
	12:37	64	60	33-17.430	117-28.169			Another smaller fishing boat passed .75 miles to finish
	12:45	64	60	33-17.363	117-28.087	1.3	10.5	Landed at Red Beach; Michelle dumps kayak in 2ft H2O
Time = 4 hours and 38 min.				Distance = 10.53 miles		Swam from Tressles Beach to Red Beach/La Pulgas Rd.		

Observing is a job Michelle takes seriously. She finds out as much about her swimmer as possible before the swim. She talks with them weeks before the swim. She also checks the weather patterns and the water temperature 24 and 12 hours before the start. She has her CPR and first aid certifications and is ready to help in an emergency.

KAYAK SUPPORT

For the past 16 years Michelle has provided over 225 miles of kayak support to ocean swimmers. She's helped swimmers train for both the English Channel and the Catalina Channel. In 1996 Michelle was given formal training by David Clark, an inductee into the International Marathon Swimming Hall of Fame who is himself a paddler, coach and observer. Some of her favorite kayaking memories:

--In 1996 Michelle kayaked 12 miles for Richard Walker of La Jolla while he completed the Around the Island (Coronado) swim. Michelle and Richard have been a team for 13 years. They know each other well and are able to exchange information quickly during feedings—such as where his competitors are, his stroke rate and his location.

--Michelle kayaked for Dr. Scott Richards, a psychiatrist who swam the Catalina Channel. An hour after leaving Doctors Cove on Catalina the weather turned bad, with a heavy chop, windy conditions and a dark sky. Combining the miserable conditions with food poisoning from dinner lead to a miserable night of throwing up while Michelle guided Scott across the Channel.

--Michelle kayaked for Tom Hecker, who swam the length of San Diego County over a number of months preparing for his English Channel crossing. They started at Tressles Beach and swam in approximately 10 mile segments to the Mexican border. To their knowledge this is the one and only time this has been done. They swam across the entrance to the Marine Base and later learned that a big no-no—it's a wonder they weren't arrested and put in the brig. Coast Guard helicopters hovered overhead during one swim and fishing boats stared at wonder as Michelle and Tom swam past in freezing water in the dead of winter.

--Two relays Michelle kayaked for were the Orange Coast Relay 2000 and the "Wild Old Women" relay in 2002. The Wild Old Women were a group of 60-69 year old women who completed a Catalina Channel crossing as a relay. Last year they did it again in the 70-79 age group.

--There are many more times Michelle kayaked, but one of her more personal adventures was guiding her husband Jim McConica on his first crossing of the Anacapa Channel.

--Michelle kayaked for our own Ventura Deep Six Relay, spending a total of 27 hours on the water during nine three hour sessions. She vividly remembers draping herself with assorted colored glow sticks during the night swims. With all the sticks attached to her hat and clothes she said she looked like a cheap Christmas tree.

--While kayaking for Sue Free, a 50 year old from San Diego, she remembers the "tough love" that Sue's all woman support crew used to get her thru the final miles of her Catalina Channel swim. During Channel swims emotions often overflow and the crew and the kayaker are important coaches to help a swimmer get thru their mental and physical crisis.

Michelle easily talks about the adventure of being a kayaker and an observer. She loves being on the water and witnessing the start of a new day as the sun rises over the ocean, birds fly overhead and the ocean is still and calm. She is part of what for many swimmers is a once in a lifetime adventure. She's seen close up faces in pain and exhaustion as swimmers struggle the last mile to shore. Being a part of the adventure of positive, focused, talented swimmers is a joy for her. She said witnessing the emotions of swimmers who have successfully completed a crossing is difficult to describe, but one that she hopes to experience again and again.

Michelle has had many wondrous adventures as a swimmer, kayaker and observer. Her life in the pool and the ocean is one of personal satisfaction filled with the rewards of helping others achieve their once in a lifetime goals.



MOLOKAI CHANNEL – A SWIM OF GRATITUDE

By Michelle Macy
November 14, 2011

Our article on Michelle McConica described her part as an observer and kayaker for ocean swims. We thought it would be interesting to also have a story from the point of view of the swimmer in the water. Michelle Macy is an accomplished ocean swimmer—Catalina, English Channel and many others. Following is Michelle’s fascinating account of a long distance channel swim across the Molokai Channel. Contrary to pool swims where almost all conditions (mental and physical) are closely controlled, an ocean swim always has unexpected crisis and plan changes. This story was copied from Michelle’s website and has been edited for length. For the complete article, please see Michelle’s website at www.macyswim.com.

Last year I attempted the Molokai Channel and things seemed to be off from the start. I felt like there was unfinished business.

In the middle of September, I was ready to hang up the suit for a little bit and take a break, but then one week end I woke up and thought “I’d really like to try Hawaii again.” This time there would be no postings, no tweeting, no stress and no expectations. My intent was to have a “Safe, relaxed and successful swim.” I worked with my sports psychologist to mindfully plan for just this outcome.

I reached out to my friends on Hawaii and began to put together the details. My sister agreed to be crew, as did a good swimming friend from Oregon.

Next was to locate some kayakers. I reached out to some of the expert watermen that had escorted the Kaieiewaho Channel swim that I participated in in November. Rob said yes. I immediately started to feel a different energy around this Molokai swim.

I went over to Hawaii after crewing for a friend’s successful Catalina swim, which I’ll tell you all about in another posting. I learned so much from Patti as she swam. I noticed that every feeding she had some new person or expression of thanks. We talked about it and she mentioned that she often just thinks of all that people had done to help her

and she honors them as she swims. I thought this was fantastic. Yes, I think about all the people that get me to each swim, but I usually thought about it in “I can’t let them down.” I hadn’t thought of

thinking about them and offering gratitude while swimming. Patti became a major help to achieve my intent of a “safe, relaxed and successful swim.” Crewing for her was just the motivation that I needed before I flew over to Hawaii.

I arrived in Hawaii on October 18th. I spent the time relaxing, joining the Oahu club masters swimmers and lining up the swim. Everyone was so positive and welcoming. I met with the pilot and Robert as well. We talked logistics of the swim. The plan was set and everyone had their jobs. Katie and Marisa arrived on October 20th.

The decision was made to go on Sunday October 23rd. We arranged all the remaining details like flying over to Molokai and getting the boat loaded.

Jim and Sue from the B&B were amazing. They had a great quiet room that the 3 of us quickly laid down in to take a nap. Then they opened their kitchen to us to heat up our dinner. Rob arrived on time and we caught up. It was soon time to go down to Papohaku beach.

Jim and Sue loaded us up into the van and kept things light as we made the short drive to the beach. Now I had been to Papohaku beach when I participated with Team Nike in Epic 5 in May. However, I hadn’t been there in the dark. Marisa and Katie had never seen the beach. As we walked down to the sand, we could hear the large surf. I became pretty nervous.

The plan was to load the kayak up with all the remaining gear that we had brought with us to

Molokai. It was just a few small bags. Then Robert would launch the kayak and wait for Marisa, Katie and Rob just beyond the surf break. Ivan was further out beyond the swells. As we prepared, we changed plans a little. The surf was really large. It made sense for all of us to stick together. I was going to swim out to the boat with them. I would tread water by the boat while they got everything situated. Yes, I knew this would add time to my swim, but my intent was to have a "safe, relaxed, and successful swim." I didn't want to be left behind on the beach wondering if my team made it ok. I was asking a ton of my sister and Marisa to get into the inky black water of the Pacific through large shore break. Neither had done night swims and my sister hasn't been doing a ton of swim training. I'm not going to lie...I was very nervous, but they assured me they were fine.

We had the kayak loaded and now it was time to honor the Hawaiian traditions. Rob is a very gifted spiritual guide and he lead the team in a beautiful pule, or prayer. In my mind, it was asking the spirits of all our loved ones past and present to help us on our journey. We then passed around Ti leaves and were asked to put into the Ti leaves all of our worries and concerns because the Ti leaves were going to be left behind on the beach where they would stay with our worries. Now I had some trouble with this because I kept thinking "Keep us safe. Wait that's something I don't want to leave behind. Ok ok, may the boat be sound. Wait again that is something I want." I finally got it right and left my worries on the beach. Then came an amazing, moving and beautiful haka. The energy really started to flow.

We put light sticks on Katie and Marisa. Rob and Robert started to launch the kayak. A wave came along snapped the kayak paddle strap and sent us all into darkness as the kayak was submerged and tossed by the wave. The light on the kayak also had been snapped. I started to get really nervous that the bad mojo was creeping in. Marisa, Katie, Rob and Robert all ran to the water to catch the kayak. It oddly enough got pushed up the beach and slammed into my ankle. I wasn't sure I cared as we had the kayak. Rob was able to get the light rod from out of a wave. I'm not sure what everyone was feeling at the moment, but everyone remained calm and said "it's all fine. we got that out of the way early." Robert was able to launch the kayak on the 2nd attempt. He made it past the breakers and

Marisa started the watch as we all walked down into the water.

Rob stayed very close to Katie and Marisa guiding them the whole way. I was yelling encouragement from a little bit ahead. It should be noted that I wasn't wearing any turned on lights at this time, so I was completely dark. I was talking to Robert in front of me and Rob behind. I got over to Robert in the kayak and stayed by him as we watched and waited for Marisa, Katie and Rob to reach us. It was difficult because we couldn't always see each other as we varied between troughs and crests of the waves. In addition, there were the little stinging no see-ums. I hoped that I was getting the most hits, but I knew that they had to be feeling it too. Katie and Marisa made it out to the kayak and then it was time to make the way to the boat. They assured me that they were just fine and safe. We got to the boat and Katie, Rob and Marisa climbed aboard and got to work in setting up the boat. I treaded water right beside. After about 30 minutes, the boat was situated and we were set to go.

Robert was in the kayak. Katie, Marisa, Rob and Ivan were in the boat. And me, well I'm where I always am...in the water. Feeding schedule was every 30 minutes. I was going to swim wearing lights, but with them not on as I didn't want to attract anything to the light. Also I was going to swim mostly with my eyes closed. I have a healthy respect for the ocean and the things in it. And I also have a small sometimes highly irrational fear of sharks. Ivan said, it's going to be dark, so why don't you just close your eyes if seeing the phosphorescence is going to freak you out. Phosphorescence that I make doesn't freak me out. It is the stuff that is deeper in the water that I didn't create that freaks me out because I begin to imagine just what had caused it. So swimming with my eyes shut it was going to be.

After watching Patti's swim and hearing Rob's pule and haka, I had decided that I would spend 30 minutes thinking of one person and honor them through gratitude. It would be these thoughts that I would get through this swim. My first thoughts were of my crew and the courage and strength they showed by getting in the water. It must have been terrifying for them, yet they didn't offer one complaint. If they could do that, I could swim for 30 minutes. The feed came very quickly. Plus swimming with my eyes closed, allowed me to really think and imagine those people. Way easier and

more relaxing than thinking about what might or might not be under me.

I continued with each 30 minutes focused on a person and something they had done to inspire me to move forward. In each 30 minutes, I felt as if that person was there guiding me along. I was soon at my dreaded 3rd hour. I know I've explained this before, but I have an extreme dislike for the 3rd hour. I'm not far enough in to be thinking "well you're this far in you might as well keep going." And I'm close enough to the beginning to be like "we could scrap this now and all be on our way home without too much lost." I knew I would need something joyful to think about for the next 30 minutes. The person that came to mind was Joy from Honolulu. She is always warm, smiling and incredibly generous. I knew she would provide good thoughts. No sooner did I start to picture her sparkling eyes and smile I heard a "click, click" and then felt a strong whoosh.

Something was in the water with me and it wasn't small. I stopped lifted my arms and legs out of the water and called out "There is something in the water. I'm pretty sure it is a dolphin, but I'm not positive. Give me a minute." I turned to Robert in the kayak and said something to the effect that I needed him to stay as close as possible without me touching the kayak. Some of you may be thinking you pulled your arms and legs out of the water but kept your stomach exposed? Yep, you do what you can when you are floating. I'd like to see someone pull their stomach fully out of the water and float at the same time.

I slowly put my face back in the water with my eyes open. Again I heard the clicking, but I also heard the squeaks. Another quick whoosh past me and there they were DOLPHINS. And they were very, very close. I tried to swim and get back into a rhythm, but I was freaked out. It was dark. The water was black. The dolphins were even darker and fast. As their bodies ripped by, they became lit up with phosphorescence. And did I mention they were close. I probably took maybe another 100 strokes before I stopped and yelled to my Hawaiian spiritual guide Rob "ROB, ROB. OK IS THIS A GOOD THING?" He calmly replied that yes this was a good thing. They were here to guide and protect me. I was afraid to ask from what. My actual reply "OK, OK, OK, OK. It is beautiful, but it is FREAKING me out

too." Imagine that in a panting breath. I put my face back down and tried to keep my eyes open as this was something that doesn't happen often and while freaky it was a gift.

There were moms with their babies and other dolphins. They all seemed to be in a dance or playing and I was the play toy. I began to take up the mantra "thank you for guiding and protecting me." I just repeated that over and over, as they didn't seem to be going anywhere. There began to be a little bit of a pattern. If there was clicking, I knew that one of them was going to get close and very close. I would hear the click click and prepare for the dolphin(s) to come right beneath me and blow bubbles up at me. It was at these points that they were so close that they moved the water from underneath my pull. They also would quickly flip their tail up and create an upwelling of water that pushed me upwards. I'm sure in the daylight I may have had more appreciation for their antics as it was I was focused on the mantra.

It was soon time for a feeding. As my feeding pole came out, I stopped and started to tread water. So did a dolphin, right between me and my feeding pole. It looked at me as if to say "what we're stopping? Ok, I'll wait." It took me a bit to work up the courage to swim towards the dolphin and my feeding pole. The team on the boat was ecstatic. I was told it was a good omen that they were here. I again explained it was beautiful and freaky. Marisa later explained that they looked like ghosts as they couldn't really see the dolphins but could see the trail of phosphorescence that they left behind. I asked if they could hear them as they were really chattering loudly. They couldn't really, but could hear the blow holes.

After the feeding, it was back to swimming and honoring the dolphins. They continued their playing and chattering. I wondered how long they were going to stay. They stayed almost through to the next feeding. And apparently did some acrobatics between me and the boat for the crew to see. It was a blessing to have them there. And they did manage to get me through the dreaded 3rd hour, which wasn't so dreaded this time. It probably took another 30 minutes for my heart rate to go down though.

Part II will be continued next issue.

Mikes Multi-Sporters

By
Mike Shaffer



The 2013 triathlon season has started and there have been several VCM members participating in a wide range of events throughout Southern California. Below is a list of results I accumulated from March to May 12. Hopefully I didn't miss anyone, but if I did and to assist me in the future, PLEASE send me a quick e-mail regarding your event/results to pjms@pacbell.net. I'd love to hear what everyone's up to.

Desert Triathlon (Sprint), Palm Springs – March 2 (0.5 km swim/14 mi bike/3 mi run)
Tomiyo (Sarah) Stoner - 2:03:00, 24th W25-29

Pasadena Reverse Triathlon (Sprint), Pasadena – March 23 (5 km run/15 km bike/150 m swim)
Winnie Ronquillo – 1:14:57, 19th W30-34
Annette Clement – 1:15:37, 9th W25-29

Ironman California 70.3, Oceanside – March 30 (1.2 mi swim/56 mi bike/13.1 mi run)
Kurt Baron – 5:08:43, 43rd M45-49
(24:05 swim/2:45:30 bike/1:53:14 run)
John Chung – 6:40:41, 300th M40-44
(26:09 swim/3:30:41 bike/2:31:19 run)

Los Angeles Tris Series Event #1 (Sprint), San Dimas – April 7 (0.5 km swim/23.3 km bike/5 km run)
Lisa Anderson – 1:56:56, 10th W50-54

Big Rock Triathlon (Olympic), Perris – April 13 (1.5 km swim/40 km bike/10 km run)
Josh Santin – 2:37:12, 6th M45-49

ITU World Triathlon Series, San Diego – April 20 (1.5 km swim/40 km bike/10 km run)
Mike Shaffer – 1:21:55, 1st Overall (Aquabike Division, no run)
Kurt Baron – 1:30:42, 2nd Overall (Aquabike Division, no run)
John Chung – 2:37:44, 73rd M40-44

Wildflower Triathlon (Long Course), Lake San Antonio – May 4 (1.2 mi swim/56 mi bike/13.1 mi run)
Brian Ziegler – 6:16:33, 77th M25-29

Wildflower Triathlon (Olympic), Lake San Antonio – May 5 (1.5 km swim/40 km bike/10 km run)
“Coach” Brittany Day – 2:36:20, 10th W Collegiate (3rd W25-29 & 5th Overall)

Karen Oneill – 3:52:13, 56th W35-39

Orange County (OC) Half Marathon, Newport Beach – May 5 (13.1 mi run)

Winnie Ronquillo – 2:07:25, 252nd (out of 939) W30-34

Congrats to all of our multi-sporters!!

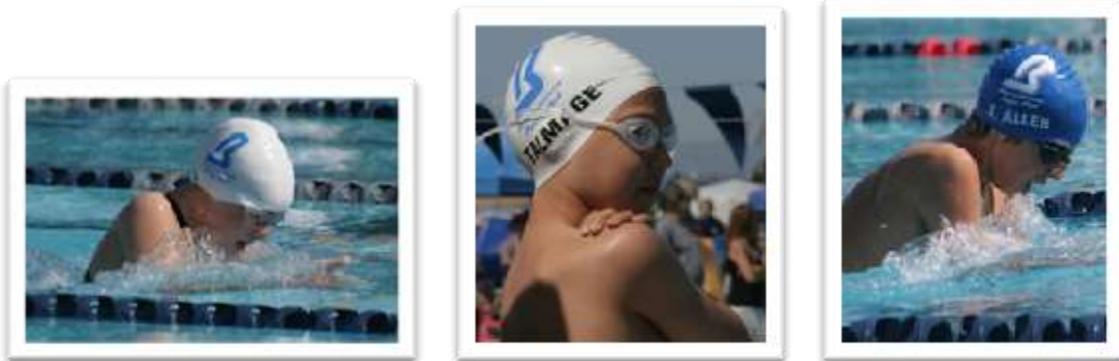
If you are looking for upcoming events in the area, I recommend the following websites to start your search:

www.rincontriclub.com (Ventura County triathlon club)

www.insidetrack.com (running store in Ventura)

www.trirunning101.com (running/tri store in Camarillo)

www.hokuloaoutrigger.com (local outrigger canoe club)



“Set your goals high and don’t stop until you get there” --Bo Jackson

“Only those who risk going too far can possibly find out how far one can go” --T.S. Eliot

“Fall seven times, stand up eight” --Japanese proverb

An Ode to the Joys of Sprinting

Or, Why I'm Not a Long Distance Swimmer

By John Derr

I'm a sprinter because sprinters have cool names like "Stallion", "The Modifier", "Lightening", "Road Runner", "Flash", "Speedy Gonzalez" and "Nano". Distance swimmers have slow, ponderous names like "Clydesdale", "Marathon Man", "Plodder", and "Gimpy". Who wants to be greeted with "Yo, Clydesdale, how many miles youse gonna swim today?" Much better to hear: "Hey Flash, want to meet at Cronies after a couple of sprints and catch the ball game?"

Sprinters say things like: "Looking good today!", "Wow, that was fast", "Let's practice turns", and "We've been swimming for 30 minutes; let's reward ourselves with a hot shower". Long Distance swimmers say things like "Hang in there, only 50 more laps to go", "If the currents don't come up you should finish in three more hours", "The water's warm today—63 degrees!" and "Good News, no shark sightings today".

I'm a sprinter because sprinters spend time hanging on the walls, resting and visiting. Sprinters make friends in the pool, get married to their lane mates, talk about kids and exchange ideas. Long Distance swimmers just hang on the wall for 10 seconds, breathing heavily, staring blankly at the wall before pushing off for another 500 or 1000 yard swim. The only other swimmers they see are the ones they silently swim past as they circle lap after lap.

Sprinters watch the sun come up, the clouds turning from purple to red, waiting to feel the sun's rays warm their faces. Long Distance swimmers swim face down, staring silently at the lane line on the bottom of the pool, flipping, and then doing it all over again hundreds of times a workout. Sprinters are nicely tan all over. Long Distance swimmers are black on their backs and white on their fronts.

Sprinters have fun, short sets like 10 x 50 on the 1:00 interval. The only thing they need is a pair of goggles and a swimsuit and they're ready. Long Distance swimmers have long, involved sets like: ladder 100-200-300-400-500 up and down, repeating the 500, swim the descend faster than the ascend, swim the second half of each swim faster than the first half, leave on a 1:25 pace on the ascend, 1:20 on the descend. Who can remember all that? Sprinters are done with their set while the Long Distance swimmers are still trying to figure out what their set is.

Sprinters are sleek, fast in the water, quick with a quip, and fun to be around. Long Distance swimmers are slow and bulky. After one of their marathon sets, their only comment while hanging on the wall breathing hard is "We did it!" Then they say something witty like "What's the next set?" The background noise they hear is the Sprinters laughing, chatting and resting up for another sprint set.

Sprinters like to swim in warm, chlorinated water, between water smoothing lane lines, with their paddles, fins, and kickboards at hand. Long Distance swimmers like cold ocean water, the bigger the waves the better. They like fish nibbling at their feet, sea lions following them, and they revel in their fear of sharks. They like to be fed regularly, towing feeding bottles behind them as they swim.

Sprinters get to swim different strokes. They take long underwater breaststroke pull downs on the turns where they can look around and check out the cute swimmer in the next lane. They swim backstroke where they can see the clock, watch birds fly overhead, or watch the sun rise. Even swimming butterfly

gives variety to the workout. The only variety Long Distance swimmers have is whether to swim 10 x 200 or 5 x 400.

Sprinters only have one thing to think about—holding their form throughout the 25-50 seconds their race takes. Long Distance swimmers have to distract themselves because they get bored—they're the ones with head phones playing music, counting their strokes up to 5000, and trying to review the history of mankind to keep their minds occupied.

Sprinters show up late for practice, leave early and goof off in between. They do one great sprint at the end of workout, then happily call it a day and head to the showers. Long Distance swimmers come early every day, work hard the entire workout, stay late and then are rewarded with a cold shower since the sprinters have used up all the hot water.

Sprinters love swim meets. Over a 2-3 day meet they may swim a 50 & 100 free and a couple of 50's in relays. They swim for 2-3 minutes, have plenty time to socialize and usually goof off to relieve their excess energy. Long Distance swimmers enter the 500, 1000, and 1650 free as well as the 400 IM and 200 Fly. They spend their time sprawled out alone on the concrete deck, snoring, resting for the next event. By the end of the meet they look emaciated and have sunken eyes and dry skin. They sleep in the back of the car on the drive home while the sprinters are planning their next prank.

I love being a sprinter. I live for the adrenaline rush when the starting horn goes off. A blast of energy and speed and my race is over. I jump out of the pool, rejuvenated, ebullient, glad to be alive, bursting with energy and joy. Then I grab a sports drink and wander over to watch a team mate swim the last laps of the 1650. He's been swimming for 15 minutes—it shouldn't take him more than another ten.



SWIM MEET SCHEDULE



2013 Southern California Swim Meets for Buenaventura Swim Club

TENTATIVE SCHEDULE

Age Group Track:

- May 18-19 Pleasant Valley JO Max
- May 24-26 Conejo Simi Memorial Day Weekend Invite
- June 8-9 Santa Barbara June Bug Meet
- June 27-30 Buenaventura Swim Club June Age Group Championship
- July 5-7 Santa Barbara Semana Nautica
- July 25-28 Mission Viejo Summer Junior Olympics

Senior Track:

- May 24-26 Irvine Novaquatics Speedo Grand Challenge
- June 6-9 Mission Viejo Swim Meet of Champions
- July 17-21 Canyons Summer Sectionals
- July 31- Aug 4 Clovis Zone Senior Meet
- August 5-9 Irvine Summer Junior Nationals



2013 Southern California Swim Meets for Ventura County Masters

- May 19 UCI LCM
- Jun 02 Mission Viejo LCM
- Jun 15 Las Vegas LCM
- Jul 07 Mission Viejo LCM Relay only
- Jul 21 Santa Barbara LCM



2013 Postal Swims for Ventura County Masters

- May 15 thru Sept 15 5K & 10K Postal
- Sept 15 thru Nov 15 3,000 yard & 6000 yard Postal

2013 Southern California Open Water Swim Schedule

- May 18 USMS 10K Open Water National Championships at Las Vegas, NV
- June 22 Seal Beach Rough Water Swim at Seal Beach, CA
- July 14 Santa Barbara 6 mile ocean swim at Santa Barbara, CA
- Aug 4 USMS 2.4 mile Open Water National Championships at Dana Point, CA

Nancy's Nutrition Notes

By

Nancy Gardikas Derr, Registered Dietitian

Muscles CRAMPING Your Style?

Muscle cramps are a common problem for many athletes. Cramps are involuntary full-strength muscle contractions and they hurt! They can cause tiny tears in muscle tissue, leaving the muscle sore for days afterward. Muscle cramps most commonly occur when athletes work their muscles to the point of exhaustion. Cramping can be unpredictable, and experts are not always sure what causes them. However, what you eat or drink (or don't eat or drink) may be leaving you predisposed to muscle cramping. The following nutritional tips may help you avoid this common problem.

❖ **Drink plenty of fluids.** Drink fluids before, during and after your workouts. Aim for eight 8-oz glasses per day—more if you are having a long, hard work out. You also get fluids from some foods such as soups and fruits. You can count these foods toward part of your fluid requirement. An easy check to see if you are drinking enough fluid is to check the color of your urine. It should be clear, pale yellow, and you should have plenty!

❖ **Get some salty foods in your diet.** Low sodium in the blood can contribute to cramping due to an electrolyte imbalance. If you are sweating and only drinking water to replace your fluids, you may be contributing to an electrolyte imbalance. When you lose salt in your perspiration, you need to replace it by eating salty foods such as salted pretzels or sports drinks, or you can lightly salt your food.

❖ **Eat fruits and vegetables to increase your potassium intake.** Potassium is another electrolyte that may contribute to cramping if it is low. Fruits and vegetables are the best sources and contribute to a healthy heart as well. Foods highest in potassium include bananas, oranges, melons, spinach, and baked potatoes.

❖ **Include calcium-containing foods at least twice a day.** Try nonfat or low fat milk or yogurt. If you can't tolerate milk products, try soymilk, tofu, or cereals such as Total which is calcium fortified, or orange juice that is calcium enriched (read the label to be sure.)

Try these suggestions if you have muscle cramps. Also, begin any physical activity slowly before going "all out". Warming up muscles can avoid cramping or try some gentle stretches before workouts and competition. Your coach may have some ideas as well. An ounce of prevention may help to avoid a pound of pain!

Swimmer Mom's Recipes for Springtime

By

Kim Lisi, Registered Dietitian

Hello Swim Family! It's BBQ & grilling time! This month's featured recipes include a few tasty BBQ ideas for you and your family, with a homemade lemonade recipe as well. Enjoy & have a fabulous summer!



GRILLED SALMON

Prep Time 15 minutes

Marinate Time 2 Hours

Cook Time 16 minutes

Yield Serves 6

Ingredients

1 ½ pounds salmon fillets
Lemon pepper to taste
Garlic powder to taste
Salt to taste

1/3 cup soy sauce
1/3 cup brown sugar
1/3 cup water
¼ cup vegetable oil

Directions

1. Season salmon fillets with lemon pepper, garlic powder, and salt.
2. In a small bowl, stir together soy sauce, brown sugar, water, and vegetable oil until sugar is dissolved. Place fish in a large resealable plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours.
3. Preheat grill for medium heat.
4. Lightly oil grill grate. Place salmon on the preheated grill, and discard marinade. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.

A simple soy sauce and brown sugar marinade, with hints of lemon and garlic, are the perfect salty-sweet complement to rich salmon fillets. You will love this recipe!



Grilled Corn on the Cob

Prep Time 10 minutes

Cook Time 30 minutes

Yield Serves 6

Ingredients

6 ears of corn

Salt & pepper to taste

6 tablespoons of butter, softened

Directions

1. Preheat an outdoor grill for high heat and lightly oil grate.
2. Peel back corn husks and remove silk. Place 1 tablespoon butter, salt and pepper on each piece of corn. Close husks.
3. Wrap each ear of corn tightly in aluminum foil. Place on the prepared grill. Cook approximately 30 minutes, turning occasionally, until corn is tender.

This is an easy method for grilling corn on the cob. The corn will be very tasty and tender!



PARTY LEMONADE

Prep Time 15 minutes

Ready In 15 minutes

Yield Serves 12

Ingredients

12 lemons, thinly sliced

4 trays ice cubes

3 cups white sugar

8 cups cold water

Directions

1. Thinly slice lemons crosswise. Try to remove as many seeds as possible. Put lemon slices into a large punch bowl. Pour sugar over the top of the lemons. Using a potato masher or wooden spoon, pound lemons and sugar mixture until sugar is dissolved and lemon slices are broken.
2. Add ice cubes and stir in cold water. Serve in tall glasses.

An easy way to make fresh lemonade for your party. Garnish with a fresh mint sprig and maraschino cherry to make it more appealing to serve! YUMMY!

Our featured recipes are courtesy of allrecipes.com.

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